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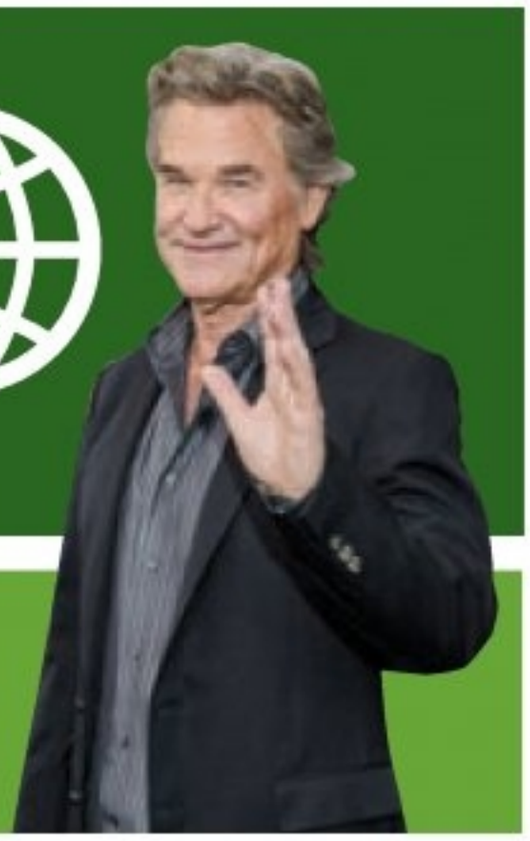

KURT RUSSELL TALKS 'STACHES

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After Sunday's shutout loss to the Bills, Patriots fans are ready for the return of Tom Brady. 12

GETTY IMAGES

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3 things you need to know

FATAL POLICE SHOOTING OF BLACK MAN IN LOS ANGELES DRAWS PROTEST

A fatal police shooting of a black man in Los Angeles is under investigation, police said on Sunday, a day after the deadly use of force drew protesters to the scene. The shooting occurred about 1 p.m. on Saturday after police chased a vehicle that did not comply with a traffic stop, the Los Angeles Police Department said in a statement. The incident was the latest officer-involved shooting to stoke concerns about racial bias in policing in the United States. Two black males got out of the car at the traffic stop and fled on foot, police said. Officers followed one of them to a residence, where he was shot and killed, the statement said. The man, who has not been identified by police, was pronounced dead at the scene. REUTERS

SYRIA PRESSES ALEPPO ADVANCE, TELLS REBELS TO LEAVE

2 Syrian government and allied forces have advanced toward Aleppo, pursuing their week-old offensive to take the rebel-held part of the city after dozens of overnight air strikes. The Syrian army told the insurgents to leave their positions, offering safe passage and aid supplies. Syrian forces supported by Iranian-backed militias and Russian air power began their push to take the whole of the divided city after a cease-fire collapsed last month. An air campaign by the Syrian government and its allies has been reinforced by a ground offensive against the besieged eastern half of Aleppo, where insurgents have been holding out. Hospitals have been badly hit in the assault, medics say. While Russian Foreign Minister Sergei Lavrov and Secretary of State John Kerry spoke by phone to discuss normalization of the situation, Britain said the bombing of hospitals by forces loyal to Syrian President Bashar al Assad made it impossible talk about peace. REUTERS

DEUTSCHE BANK RACES AGAINST TIME TO REACH US SETTLEMENT

3 Deutsche Bank is throwing its energies into reaching a settlement before next month's presidential election with U.S. authorities demanding a fine of up to $14 billion for mis-selling mortgage-backed securities. The threat of such a large fine has pushed Deutsche shares to record lows and a cut-price settlement is urgently needed to reverse the trend and help to restore confidence in Germany's largest lender. A media report said that Deutsche and the U.S. Department of Justice were close to agreeing a settlement of $5.4 billion lifted the stock to close 6 percent higher, but that report has not been confirmed. REUTERS

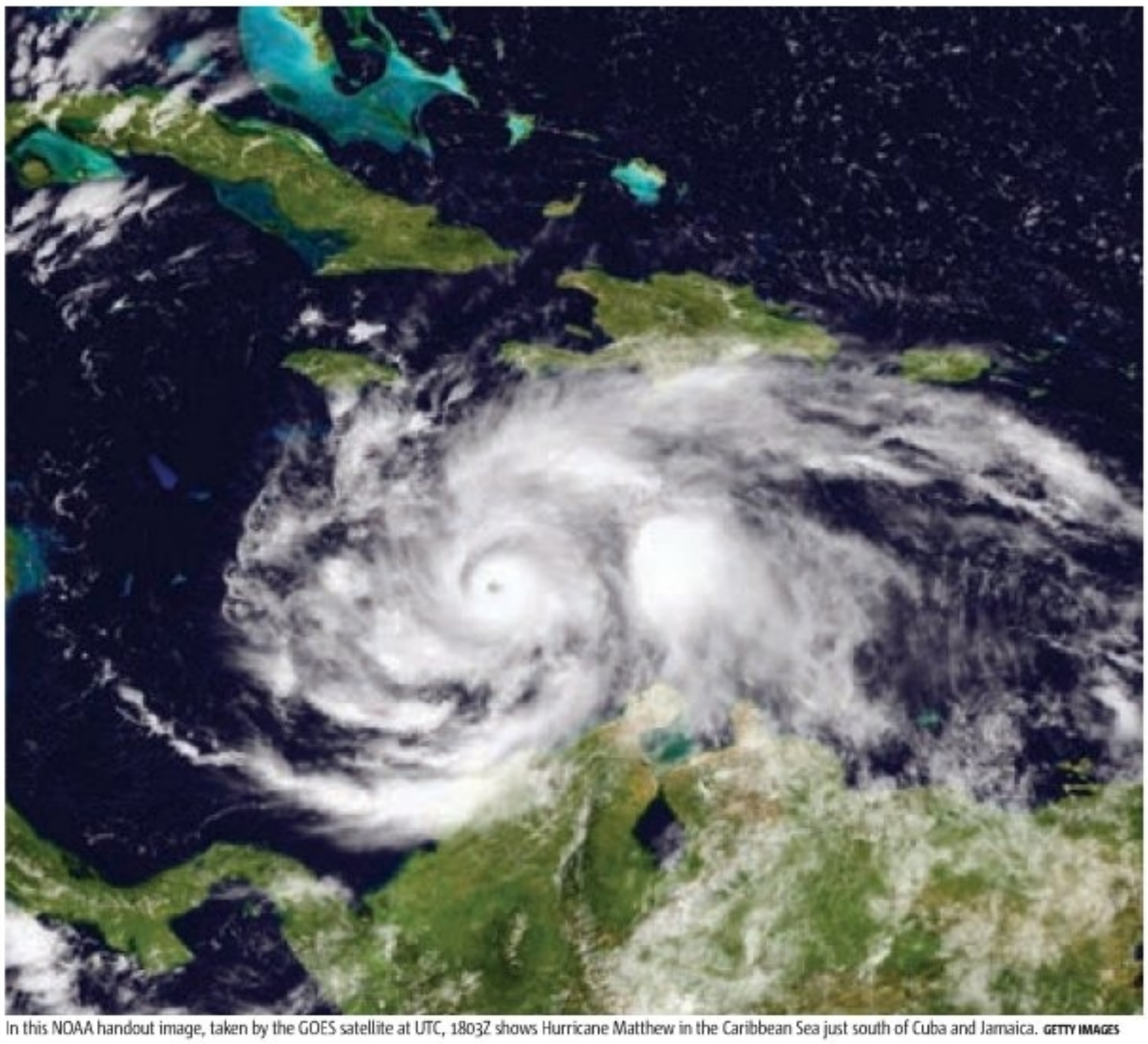
METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. What is causing a very foul odor at the Franklin Park Zoo?

2. How many catches did Rob Gronkowski have in Sunday's Patriots loss?

3. Which Elvis movie did Kurt Russell appear in as a child actor?



In this NOAA handout image, taken by the GOES satellite at UTC, 1803Z shows Hurricane Matthew in the Caribbean Sea just south of Cuba and Jamaica. GETTY IMAGES

MATTHEW TEARING THROUGH CARIBBEAN

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

Matthew temporarily became the strongest hurricane in over a decade Friday night as winds peaked at 160 mph, exceeding Category 5 level. Hurricanes of that intensity are capable of catastrophic damage.

The last storm to reach the strength of Matthew in the Atlantic basin was Hurricane Felix in 2007 with winds of 175 mph. An estimated 130 people died in that hurricane.

On Sunday, Matthew weakened to a very powerful Category 4 hurricane with winds of 145 mph, but still capable of widespread destruction. The intensity of Matthew will fluctuate over the next 48 hours as it interacts with the land masses of western Haiti, eastern Cuba and Jamaica.

Haiti looks to be in the crosshairs of Matthew and by late today and tonight, the island nation could take on a deadly and devastating blow. Deforestation in Haiti has dramatically increased the potential for flooding and landslides. Many Haitians live in ramshackle homes that would be exposed to the wrath of Hurricane Matthew.

If the storm stays on its projected track, Jamaica and eastern Cuba will take a major hit, but not as bad as Haiti. The most powerful quadrant of almost all hurricanes are on the northeast flank, which would put Haiti directly in its path.

Future track of Matthew

Matthews future track and intensity is still uncertain. Right now, we are pretty confident that once Matthew moves away from Jamaica, Haiti, and Cuba, it's pretty certain that it will slam into the central Bahamas by Wednesday as at least a major hurricane with winds of around 125-130 mph.

Boston

Today: Clouds and then sunny, High 66

Tuesday: Developing sunshine, cool, High 61

Wednesday: Sunny, High 63

Thursday: Sunny, High 66

Friday: Late clouds, High 65

Weekend: Uncertain depending on the future track of Hurricane Matthew

After the Bahamas

Most computer models agree that Matthew will slowly move off the Florida coast by Thursday or Friday and not directly strike the state.

After that, models have a wide margin for error, but the consensus as of now (and as of now is very important to understand as its path is still uncertain) is that Matthew could buzz the South Carolina and North Carolina coasts by this coming weekend, and then either begin to veer more northeastward, sparing the mid-Atlantic and Northeast of a direct strike. In another scenario, it could buzz off the coasts of the Carolinas, Virginia, New Jersey, Long Island and southern New England by late in the weekend.

A European model has it veering off the coast and actually then heading toward the coast of Maine by next week.

Meteorological conundrum

The timing of a deep trough to swing from the Plains to the East Coast and exactly what position Matthew will be at the time will dictate Matthew's future impact on the Northeast, whether it's simply strong, gusty winds and tidal flooding along the coast, or something with much more of an impact, For now, the jury is still out.

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Floating helipad suggested for Boston's seaport district

Councilor-at-Large Michael Flaherty says a helipad might be part of the plans to move General Electric's headquarters to the city.

CHRIS CAESAR
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The city's seaport district. NICOLAUS CZARNECK

A city councilor is floating the idea of constructing a floating helipad in Boston's seaport neighborhood.

"There are some discussions now about the potential for a floating heliport and or something further on down near the waterfront area that potentially could accommodate that," Boston Councilor-at-Large Michael Flaherty said Friday on Herald Radio. "I don't want to see a floating helipad that is rinky-dink. If we are going to do it, let's be the envy of other folks around New England."

The potential construction would be part of the city and state's efforts to help General Electric move its headquarters from Connecticut to the city's innovation district, though officials reportedly stressed that it would not be exclusively for private use.

Flaherty said he was hopeful that noise pollution would not be a problem for surrounding neighborhoods, in the event that the project moves forward.

"If we can keep the helicopter pilots to the defined route of travel which is hopefully not over the neighborhoods, seeing where the route of travel is where they are coming from the south, coming from the north, and coming from the west," he said.

Flaherty mentioned that another potential location under discussion includes the Dewey Square tunnel, where I-93 and the Mass Pike intersect.

BRIEFS

The corpse flower GETTY IMAGES

Zoo invites visitors to stinky exhibit

Hold your nose an enjoy a rare botanical treat.

Franklin Park Zoo officials announced Sunday that the so-called corpse flower has bloomed and will be on display.

The flower, which zoo staff dubbed "Pugsly," will remain in bloom for only 24 to 48 hours.

The plant, Amorphophallus titanium, is commonly called the corpse flower because it emits an odor similar to that of a decaying carcass.

The flower, which originates in Sumatra, often goes several years between blooms. Some blooms are said to measure 9 feet high and 6 feet wide. GARY KANE

Family dog killed after coyote attack

A coyote killed an Arlington family's dog, prompting police to advise residents to take precautions to safeguard their pets.

The animal attacked the pet, a West Highland terrier, around 7 a.m. Friday while the dog was alone in the family's backyard. Their property abuts Menotomy Rocks Park, where coyotes are believed to reside, authorities said.

Animal Control Officer Kozikowski said in a news release that last year's mild winter brought with it an influx in some wildlife typically hunted by coyotes, boosting their population.

It may be a reason why residents have been seeing them more frequently around town, he added.

"There will always be coyotes in Arlington," Kozikowski said. "The best ways that we can prevent further interactions with coyotes is to make our homes less of an attraction for them."

"This was an extremely unfortunate incident where a family lost their beloved pet," Arlington Police Chief Fred Ryan said. "While residents should not live in fear of coyotes, we do advise that those with small children and animals be vigilant while outdoors, and follow these safety tips to help prevent interactions with the animal."

Anyone spotting a coyote should call police to report the animal, the department said. CHRIS CAESAR

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55-59	111.00	92.25	45.00	37.50	23.00	19.25	14.20	11.95
60-64	136.00	103.50	55.00	42.00	28.00	21.50	17.20	13.30
65-69	163.50	126.00	66.00	51.00	33.50	26.00	20.50	16.00
70-74	221.00	171.00	89.00	69.00	45.00	35.00	27.40	21.40
75-79	301.00	243.50	121.00	98.00	61.00	49.50	37.00	30.10
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New Cream Works for Men in a Way Sex Pills Can't!

New invention triples sensation and gives overwhelming pleasure to those who use it.

Steven Wuzubia
Health Correspondent

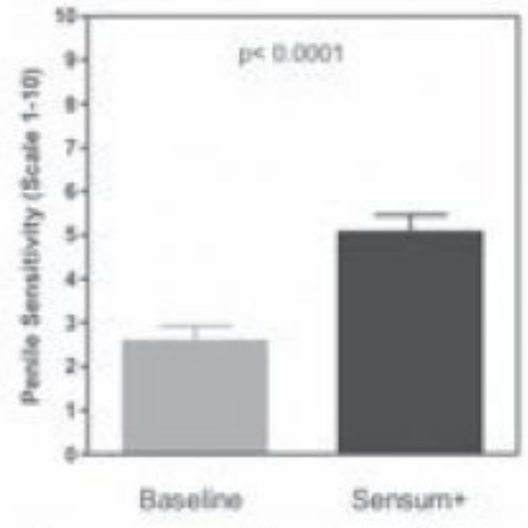
Clearwater, Florida – Think about it. No mater what drugs you take; If you don't have enough "feeling" in your penis, it's impossible to get an erection. The formula for great sex is simple. The more penile feeling, the more aroused you get, which provokes a firm and lasting erection and a full orgasm whenever you want.

For years, men begged Dr. Yeager for a solution that would work to end lack of penile sensitivity. But now, his new cream promises to give you what no other pill can… incredible sensation, even from the slightest touch. It's fixing erection problems a whole new way.

The new cream makes penile sensitivity double, even triple. So even those that have little to no feeling at all in the penis suddenly experience mind blowing sex again! "Even men without E.D. problems are buying up more than we can produce", says Dr. Yeager.

"Many men do not feel comfortable telling even their doctor about trouble with erections, and a lack of feeling and pleasure during intercourse."

"They are too ashamed that they cant 'make it work' in bed. And if this is your problem, you're not alone."



These men suffer from Reduced Penile Sensitivity (RPS). This can cause loss of confidence, frustration, even depression and anxiety.

Let's face it. The inability or long wait to reach orgasm is bad enough. But failure to achieve a firm erection is devastating! It's one of the leading causes of relationship problems. And avoiding sex often leads to a failed marriage. It is a horrible problem.

Dr. Yeager wasn't about to ignore the suffering of his patients. He wanted to make a mark and decided to do something about it.

He spent long sleepless nights locked up in his lab … researching every study he could get his hands on regarding penis sensitivity and came up with a cream that changed sexual medicine as we know it.

He put special natural ingredients into a cream for men and the results have been remarkable. Men who use this cream report much more penile feeling, arousal, sensitivity and pleasure from their sexual intercourse.

"A REAL MARRIAGE-CHANGER!"

"This has caused our sex life to be like we are teenagers again! My wife and I are both much happier and more satisfied. A real life-changer! I am so glad for Dr. Yeager's invention to fix this problem with no dangerous prescription drugs."

- Robert H., West Palm Beach, FL

They have less or no more difficulty in stimulating the penis, getting and keeping a hard erection, and achieving orgasm at the right time.

ED pills like Viagra, Cialis and natural pills work for many men, but men with RPS end up taking more than directed in the hope of increasing their penile sensitivity, and even then they often don't work good enough.

WHY YOU NEED IT

Reduced Penile Sensitivity (RPS) is commonly associated with aging, diabetes, circumcision, certain surgeries and prescription drugs.

RPS is estimated to strike over 500 million men on a worldwide basis. Dr. Yeager states "It's not a man's fault. They did nothing wrong. They are not any less of a man. And now, men don't have to suffer any longer."

HOW IT WORKS

The name of the cream Dr. Yeager invented is SENSUM+®. Men rub the cream on their penis twice daily for the first two weeks then once a day for eight additional weeks. There is a nice cinnamon smell and no residues.

The main ingredient, natural Cinnamaldehyde, activates the TRPA1 receptor (IC50 = 9.5µM). This increases the reaction of sensory neurons to stimulus such as warmth, cold and touch.

This activation results in more sensitivity of the penis and a pleasurable sensation.

The nutrients in this cream help you get and keep a hard erection very easy, and also to climax when you want to.

You may have a different problem than you think. **Specialist, Dr. James L. Yeager's invention helps men suffering from RPS. Now you can double, even triple your penile feeling and sensation. The result? MIND-BLOWING SEXUAL SENSATION!**

Dr. James L. Yeager

For example, Joe Romas, 52, from Oakland, was not feeling any penile sensation during sex and it took too long to ejaculate because of this. And the lack of feeling made sex unpleasurable.

Within one week after he started applying SENSUM+® cream, he reported, "I now have my old feeling and pleasure back. Sex is fun again and feels great. My wife and I are much happier now."

"I have full feeling and sensitivity back in my penis. This cream has been a Godsend for me," raves Otto Garangton of Seattle.

SENSITIVITY AND SATISFACTION DOUBLED, TRIPLED

Clinical studies prove SENSUM+® ends these common male sexual problems fast and effectively. The result of two clinical studies on men, both circumcised and not, show SENSUM+® more than doubled penis sensitivity and more than tripled sexual satisfaction. (By the way, their partner's sexual satisfaction also tripled.)

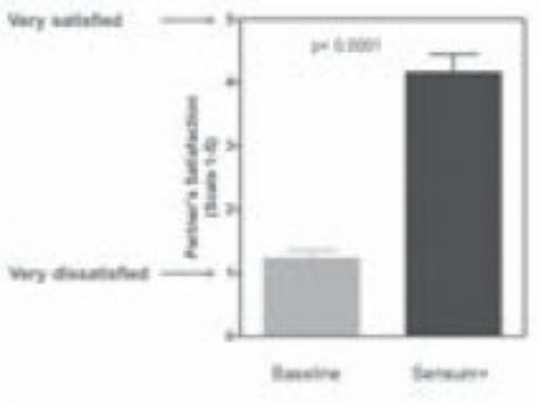
PRIVACY GUARANTEED

SENSUM+® is patent-pending. The product is discretely shipped in a plain unmarked package so privacy and confidentiality is assured. It is for both circumcised and non-circumcised men. No side effects or medicine interactions have been reported.

Readers can now join thousands of other men who have ended their sexual issues and enjoy their sex life again like back when they were much younger. "Its almost like a miracle for men who want to improve their penis feeling and performance in bed" says Dr. Yeager.

The sooner you start using this cream, the sooner you can have more feeling in your penis again to get and keep a hard erection and enjoy sex more than ever.

SENSUM+® is NOT sold in stores. No prescription or doctor visit is required.



HOW TO GET SENSUM+® IN Massachusetts

This is the first official public release of SENSUM+® in Massachusetts. In order to get the word out about SENSUM+®, the manufacturer, Innovus Pharmaceuticals is offering special introductory discounts to all Massachusetts residents.

A special phone hotline has been set up to take advantage of deep discounts during this ordering opportunity. Special discounts will be available starting today at 7:00am. The discounts will automatically be applied to all Massachusetts callers. The Special TOLL-FREE Hotline number is 1-800-836-5531 and will be open 24-hours a day.

Only a limited supply of SENSUM+® is currently available in your region. Consumers who miss out on our current product inventory will have to wait until more become available. But this could take weeks. The maker advises your best chance is to call 1-800-836-5531 early.

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Dining hall employees to Harvard: 'Fair agreement' or we go out on strike

Workers are demanding a guarantee that they can earn at least $35,000 annually.

CHRIS CAESAR
@MetroBOS
chris.caesar@metro.us

Harvard dining hall employees plan to start picketing the campus on Wednesday morning if a "fair agreement" isn't reached on a new contract, union officials said.

Among the workers' demands is a guarantee that employees will receive at least $35,000 a year. Last year, the average salary failed to reach that level, union spokesperson Tiffany Eyck said. Lacking overtime hours, nearly 70 percent of employees failed to meet that income threshold, she said.

"Workers are demanding two simple things from the university administration: the ability to earn at least $35,000 a year and a health insurance program that does not shift costs onto those who can least afford it," lead negotiator Michael Kramer wrote. "These are reasonable expectations anywhere, but especially at the richest university in the world."

Protesters rally for the cafeteria workers in Harvard Square in early September. DEREK KOUYOUMJIAN

Workers voted to strike in a 591 to 18 vote on Sept. 15 — not an easy decision, bargaining committee member Anabela Pappas said in a news release. Their contract expired on Sept. 17.

"We love our Harvard students and want them to eat healthy food that we cook," she said. "Our students are as frustrated as we are that Harvard University told us it can't afford to maintain our health care or pay sustainable incomes."

In an earlier statement provided to The Crimson student newspaper, Harvard spokeswoman Tania deLuzuriaga said the school's compensation plan was nationally competitive.

"Harvard's dining hall workers currently receive highly competitive wages that lead the local and national workforce for comparable positions in the food service industry," deLuzuriaga said. "The fact that the average tenure of a Harvard dining hall worker is 12 years is a testament to the quality of work opportunities here."

The union's last contract was ratified in 2013.

BRIEFS

State DCR official resigns after reports of vehicle misuse

A top official at the state Department of Conservation and Recreation has resigned after being accused of inappropriately using the siren and emergency lights of his state vehicle.

DCR Deputy Commissioner Matthew Sisk stepped down from his $112,000-a-year position Friday, a department spokesman confirmed to local news media.

The department released no details about the incident.

The accusation about the misuse of emergency lights and siren isn't the first allegation that Sisk abused his position.

Sisk, who also serves on the Republican state committee, and DCR Commissioner Leo Roy were suspected for a week last month after news media reported that they hosted a July 3 party at a prominent GOP official's home using department resources and staff. The two officials reimbursed the state for the expenses.

Sisk was a member of Gov. Charlie Baker's campaign staff. The governor appointed Sisk to the DCR job. GARY KANE

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It's coming up roses for 'Priscilla' cast members Matthew Tiberi, Larry Daggett and Andrew Giordano. ROBERTO ARAUJO

Piecing together 'Priscilla'

The Fiddlehead Theatre's glamorous new production spreads social awareness — and sparkles.

RACHEL RACZKA
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rachel.raczka@metro.us

Stephan Elliott's 1994 "Priscilla, Queen of the Desert" followed a trio of drag troupe members across Australia — winning an Oscar, a Tony, and the GLAAD award along the way. Now, the glitzy, sing-along-ready stage production has arrived for a 10-performance run at the Shubert Theater, by way of Fiddlehead Theatre Company. We chat with artistic directors Meg Fofonoff and Stacey Stephens, who discuss the story's legacy, its importance in modern times and how they make their partnership work.

You guys just came off doing "Show Boat"; how did you transition into a show like "Priscilla"?

Stacey Stephens: As a company, we try to look for diverse pieces to present to the public, and this was the furthest we could go from "Show Boat." [Laughs] First of all, it came up really quickly. We closed "Show Boat" in July, and it wasn't until we crunched the days that we realized how quick the in-between is. To go from "Show Boat" with a cast of 50 with more than 300 costumes and a boat, to a cast of 50 and somehow more costumes, more wigs, more shoes…

Meg Fofonoff: More makeup!

Stephens: And a bigger set, and a bus.

Fofonoff: It's been quite the journey, but it's an amazing show. We're a little tired right now, but it's a Herculean effort.

Stacey Stephensland Meg Fofonoff MATT MCKEE

How do you keep your working partnership in good shape?

Stephens: We're like an old married couple. We fight, but we have a good time. I think respect is probably the biggest thing — we have enough respect [for one another] to disagree with each other and then still move ahead.

The story originated in the '90s, but is there a reason why it was important for you to bring it to audiences today?

Stephens: We chose the show for its merits and themes. At the time [it was originally released], politically, the themes weren't quite as strongly needed as they are right now — themes of acceptance and standing up for who you are and discrimination are all relevant today.

Fofonoff: The issues of identity and being comfortable about who you are or seeking acceptance from a loved one — all of the main characters are searching for that and struggling with becoming comfortable with who they are.

The costumes for the film and the stage show were award-winning — what's the pressure to keep the bar high for your production?

Stephens: Yes, it won the Oscar and the Tony for costuming, so, yes… there's pressure. [Laughs] I think for costumes, I wanted to pay homage to those designs and give the audience a little taste of what they expect, but I also didn't want to just reproduce what they had done. I wanted to redesign the story through my eyes.

If you go

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Kurt Russell has a damn good mustache in "Deepwater Horizon." DAVID LEE

Kurt Russell's love-hate relationship with mustaches

Kurt Russell has a catchphrase he just made up about New Orleans: "You just sort of embrace the alligator of it all." It's a phrase we've never heard before, probably because no one's ever said it. (We Googled it.) But Russell is coining it. "I don't know if it makes any sense at all," Russell says, laughing. "But it sums up New Orleans for me: You just have to embrace the alligator of it all. Then you're OK with New Orleans."

The actor, 65, is down in Louisiana to promote "Deepwater Horizon," near where the incident in the film — the 2010 BP oil rig explosion and subsequent polluting of the Gulf — took place. In the movie, he plays Mr. Jimmy, the rig manager who attempts to avert the disaster before it happens, then tries to survive as he and his crew are engulfed in flames.

I like movies about salt-of-the-earth types, because I don't really know many of them.

Me too. I know what you mean. Especially when they don't talk down to them. I don't like it when they talk down to them. I've sometimes started to be involved in projects where they did that, and I said, "I'm out. I don't want to be part of your inherent need to talk down to the rest of the country. If [the characters] aren't from New York or Los Angeles or San Francisco or Chicago, you have an inherent need to talk down to them. And I can't be a part of that."

You're also playing a real person, which adds another dimension.

I always look at it from the point of view of if someone was going to play me. I'd want them to be me. I wouldn't want them to do their own version of what they thought I was, just off the script, going, "Oh, yeah, he's kind of a loose and crazy guy!"

What about when you were playing Elvis Presley in John Carpenter's 1979 "Elvis" TV movie? You didn't just do an Elvis impersonation.

When you have a real person you have parameters. When you have a famous person that everyone knows, now the parameters become very finite. It's your job to go right up against the edges of those parameters. In that case, I worked with Elvis when I was 10, 11 years old [in the 1963 Elvis movie "It Happened at the World's Fair"]. I remember him distinctly, because I worked with him for two weeks on the movie and most of it was with him.

GETTY IMAGES

You've been doing mustaches a lot recently.

Yeah, I thought the same thing. It just happened that way. My favorite one in terms of [facial hair] is what I got to do for [the next] "Guardians of the Galaxy." It's a beard. It's a very cool beard. It's kind of a Moses thing.

It seems like this run of mustaches started with "Bone Tomahawk," which is a more modest mustache than that huge one you have in "The Hateful Eight."

When "The Hateful Eight" came about, I was like, "I should work my way towards what I need for 'Hateful Eight.'" So I came up with this look for "Bone Tomahawk," which wasn't long and it wasn't full. It started me on the path. Then "Hateful Eight" — that's a mustache wearing a man.

You could always do a fake one, you know.

I'm actually thinking about doing that for a different project. And the fake ones look good. With mustaches, I hate them for my life but I love them when I'm working. MATT PRIGGE

Super simple and Damn Delicious

Super simple and Damn Delicious

RACHEL RACZKA
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Los Angeles-based blogger Chungah Rhee's mouth-watering food photos are everywhere.

You'd probably seen her Damn Delicious recipes and photos on Buzzfeed — or the Huffington Post — or the Kitchn. Her simple but fulfilling meals are both obtainable and Pinnable, so it wasn't much a surprise when the 28-year-old snagged her first cookbook contract with Oxmoor House. The home cook, who decided to blog full-time in 2013 once her website picked up steam, released "Damn Delicious: 100 Easy, Super Fast Recipes" earlier this month.

When did you first start dabbling with your own recipe development?

Probably right around sophomore year of college. I moved into my very first apartment with a full kitchen, and didn't have the convenience of dorm food anymore. At that point, I had to get really creative in the kitchen to create a full meal on a tight student budget.

How do you balance a meal that's both nourishing and indulgent?

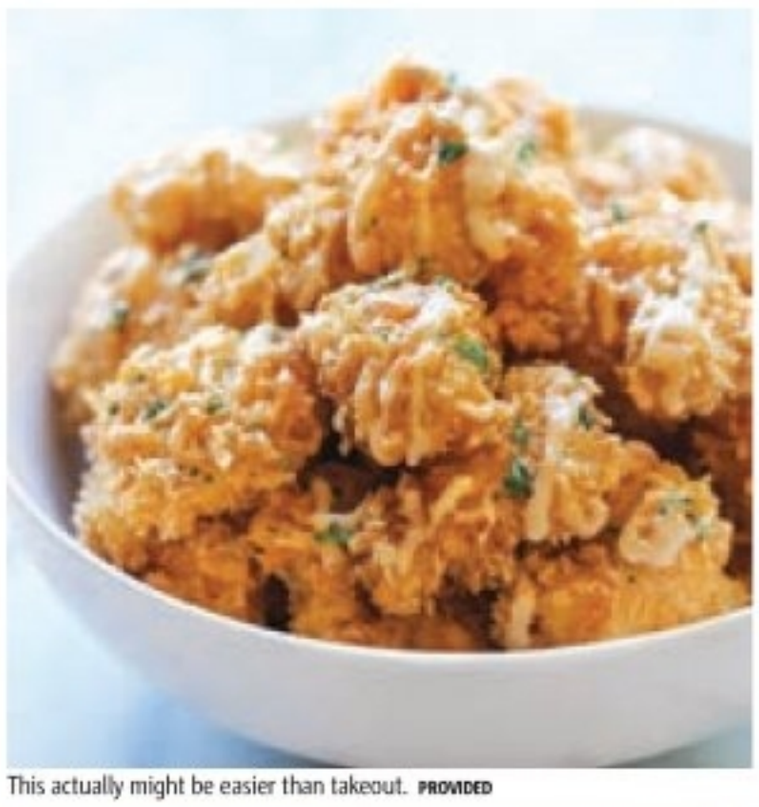
I like to create well-rounded meals with a good amount of protein and veggies — like my One-Pan Mexican Quinoa. But if we're being honest, a little bit of cheese here and there never hurt anybody!

What's meal planning like in your home, does it revolve around posting for the blog?

It's actually the other way around — I post meals that I actually cook and eat with my friends and family.

Is there any one recipe from the book you make again and again?

Yes! The spaghetti carbonara is an all-time favorite. It takes 20 minutes from start to finish and has the shortest ingredient list of all time! Plus, there's bacon in it. It's a win-win.



This actually might be easier than takeout. PROVIDED

Bang-Bang Chicken

From "Damn Delicious: 100 Easy, Super Fast Recipes" by Chungah Rhee

Serves 4
Prep time: 15 minutes
Total time: 30 minutes
Another restaurant favorite that can easily be made in your own kitchen, this is one of my most popular recipes. It makes the most amazingly crisp chicken bites and a sweet chili mayo sauce that's so good, you may be tempted to eat it with a spoon.

For the sweet chili mayo sauce:
- 1/4 cup mayonnaise
- 2 tablespoons sweet chili sauce
- 1 tablespoon honey
- 2 teaspoons hot sauce (such as Frank's RedHot Sauce)

For the chicken:
- 1 cup vegetable oil, plus more as needed
- 1 cup buttermilk
- 3/4 cup all-purpose flour
- 1/2 cup cornstarch
- 1 large egg
- 1 tablespoon hot sauce
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 boneless, skinless chicken breasts (about 1 1/4 pounds), cut into 1-inch chunks
- 2 cups panko breadcrumbs

Directions:

Make the sweet chili mayo sauce: Whisk together the mayonnaise, sweet chili sauce, honey, and hot sauce in a small bowl; set aside.

Heat the oil in a large skillet over medium-high heat.

In a large bowl, whisk together the buttermilk, flour, cornstarch, egg, hot sauce, salt, and pepper. Add the chicken pieces, and toss to coat.

Working with one piece at a time, dredge the chicken in the panko, pressing to make sure each piece is evenly coated. Set aside.

Working in batches, fry the chicken in the skillet until evenly golden and crispy on all sides, 2 to 3 minutes total. Transfer to a paper towel–lined plate to drain.

Serve immediately, drizzled with the sweet chili mayo sauce.

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A practical guide for fellow procrastinators

Whether it's your term paper or business plan, here's how to get the job done.

SARA FEINSTEIN
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ISTOCK

jobs & education

All too often, people start projects with grand ambitions, only to later find themselves unable to finish. Seeing their expectations crumble, what follows next is a series of despair, doubt and often, even shame.

After finding themselves in a similar situation with their own lingering projects, writers Cary Tennis and Danelle Morton came together to create "Finishing School: The Happy Ending to That Writing Project You Can't Seem to Get Done."

In what could easily be described as a guide to procrastinating — something we've all been guilty of at one point — their book brings readers through a step-by-step process of reigniting and, eventually, completing that stalled creative project.

"It's a practical approach to finishing work," says Tennis. "There's people to deal with things like starvation and bad relationships. There's self-help people who will help you learn to sell more cars or make more money or dress better, but the one thing I felt that I wanted to do in the world was to help people finish projects."

Tennis and Morton walk us through some of the key elements of their approach.

Set realistic goals

"Mapping out specific times for a project, and then sitting down to work seems to really clear away distractions," explains Tennis. "It's a simple approach, but it works." The key word, however, is "realistic." Telling yourself you're going to finish your novel this month may sound great, but more often than not, you know it's not going to happen. By mapping out discrete and precise times for a task you want to accomplish, however, you come away every week as a winner. Even better, doing this repeatedly strengthens your capacity to make a plan and stick to it, explains Tennis. "Exercising it makes it stronger, and eventually, you master it."

Establish a support system

It's called the "buddy system." You probably followed it in kindergarten, but this time it's different. "It's pretty adult," says Tennis. The approach is simple: By linking up with a partner and checking in with them occasionally regarding the progress of your work, you create a system of encouragement and accountability. Of course, there are also other benefits. "It's a boost to not think of yourself as this lonely creature who's trying this impossible thing," says Morton. "There are other lonely creatures trying this impossible thing, too. You're both in the club together."

FACULTY AND INSTITUTIONAL LEADERSHIP POSITION IN BIOMEDICAL INFORMATICS

The **Geisel School of Medicine at Dartmouth College (Geisel)** and its major clinical partner, **Dartmouth Hitchcock,** seek an outstanding individual who is pursuing a vigorous, independent research program focused on developing innovative informatics methods and technologies to advance medical care, biomedical science, and human health to join our faculty and lead our efforts in Biomedical Informatics. The successful individual will also serve as Director of Biomedical Informatics for the Dartmouth Clinical and Translational Science Institute (CTSA; called **Synergy** at Dartmouth), helping to establish research linkages between investigators and the electronic health record system at Dartmouth-Hitchcock Medical Center and connecting Dartmouth's CTSA with the wider national CTSA network.

Applicants must have earned a PhD and/or MD (or equivalent), have formal advanced training in biomedical informatics, computer science, or a related field, a successful track record of peer-reviewed publications, and a history of extramural funding. The successful candidate will be provided with a faculty appointment at Geisel commensurate with experience. Candidates with appropriate experience may also serve as the Chief Research Information Officer at Dartmouth Hitchcock. Expectations for teaching and mentoring are a critical part of this role, and individuals will be provided with such opportunities through membership in relevant PhD graduate programs (e.g., **Program in Quantitative Biomedical Sciences, Program in Molecular and Experimental Medicine,** and **Program in Molecular and Cellular Biology),** the Dartmouth-Hitchcock Clinical Informatics Program, and Synergy.

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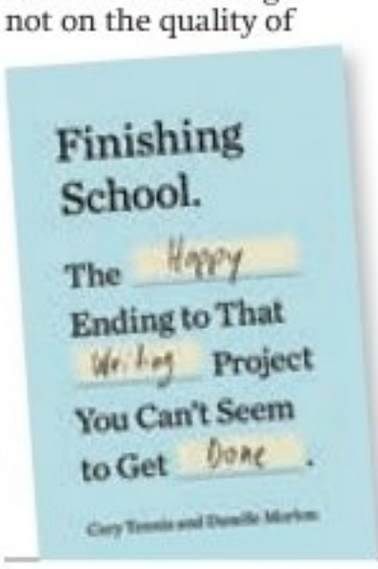
HOW TO GET AHEAD

Avoid critiquing

For support in a writers' group, it's best not to read each other's work, explain Morton and Tennis. In fact, in many ways, sharing can be detrimental to a writer's progress. "The Finishing School" method instead involves simply discussing what was accomplished rather than the perceived success of the content itself. "We found that focusing it not on the quality of work leveled the playing field," says Morton. "When we sit down to write, we are actually equals. The problems of somebody who has ever written something before who is struggling with trying to finish are identical to the problems of someone who is an accomplished writer and still can't get that thing done."



Step-by-step

For many, falling off track with creative projects can leave them feeling down and ashamed. Even worse, according to Morton, people naturally tend to denigrate the things they do. The key to rebuilding self esteem lies in gradually developing evidence of their progress. "In reality, if every week you finish something and take your work seriously, then, brick-by-brick, you get rid of shame," says Morton. "If you continue to wrestle with it, and you continue to make progress, then you can hold your head up high as a creative person because in the end, you're getting it done."

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3 Things we learned after the Patriots got shut out by the Bills

The Patriots will welcome Tom Brady back with open arms in Week 5. GETTY IMAGES

Looks like Bill Belichick is human after all.

ERIC WILBUR
@MetroNewYork
sports@metro.us

Here are three things we couldn't help but notice as the Patriots fell, 16-0, to the Bills Sunday afternoon:

1 Tom Brady is back ... just in time

Look, if you knew three weeks ago, at the dawn of the 2016 NFL season, that the New England Patriots would go 3-1 in the absence of Brady during his four-game, Deflategate suspension, you would drool at the prospect. Granted, you would figure the loss to come in the season-opener against the Arizona Cardinals, maybe following a short week against the Houston Texans — not the Rex Ryan-led Buffalo Bills — but hey, take 3-1 any way you can get it. Except that quarterback Jacoby Brissett, who started in place of Jimmy Garoppolo, presumably still not ready to go with the shoulder injury he sustained two weeks ago against the Miami Dolphins and inactive for Sunday's game, clearly isn't ready for any semblance of extended playing time just yet, nor should the rookie really be expected to exhibit a keen knowledge for the playbook laid out by head coach Bill Belichick and offensive coordinator Josh McDaniels. Brissett completed 10 of 17 passes for 133 yards, but made a number of rookie mistakes, including a costly fumble toward the end of the first half that put a halt on one of the Patriots' only drives of the game. There might be a lot to dissect here if Brady weren't ready for a return, officially, on Monday.

2 Don't blame Cyrus Jones

Oh, it was indeed some kind of rough afternoon for the rookie cornerback. But Jones, who botched the first two kickoff returns of the game — bringing the initial deep kick of the game out to the nine-yard line, the second, another deep kick, to the 14-yard-line — wasn't the reason why the Patriots offense couldn't find any sort of groove against a Bills defense that may be emerging as a player in the AFC East. Julian Edelman had one catch on the day. Brissett overthrew a wide-open Danny Amendola badly in the third quarter. Reigning AFC Player of the Month LeGarrette Blount, had difficulty maneuvering the ground game from the very beginning. Brissett found something building with tight end Martellus Bennett (five catches for 109 yards), but had no rhythm with anybody else in the New England offensive attack. And that includes ...

3 Rob Gronkowski, a non-factor

The best tight end in the business did haul in his first catch of the season, an 11-yard grab in the second half, long after an APB had been sent out for his whereabouts. It's difficult to surmise just what is happening here. If Gronkowski is still bothered by his hamstring injury, and his presence on the field was a smokescreen, then it didn't do much to stop Bennett on the opposite side. If his chemistry with Brissett never manufactured, no worries as he'll have the familiarity of No. 12 throwing to him beginning next weekend in Cleveland. But Gronkowski's disappearance the last two weeks, while not exactly concerning, is a bit frustrating, particularly with a rookie quarterback who could have utilized him a lot more.

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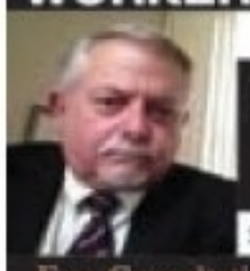

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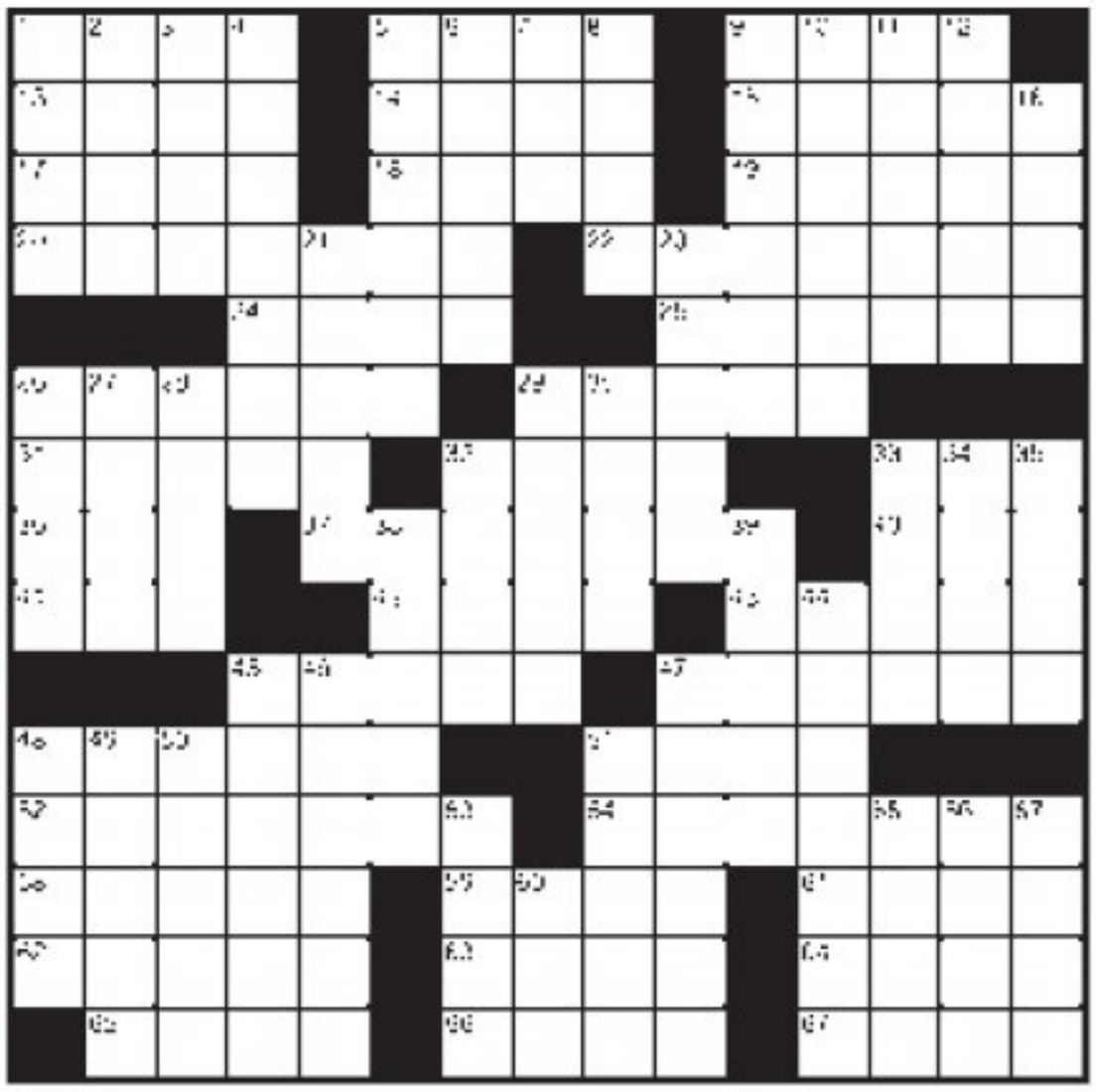

Across
1 Jam or pickle
5 Pushpin
9 Holly, to a botanist
13 Famous last word
14 Drama prize
15 Bogged down
17 Aloha, in Rome
18 Do road work
19 Aileron locale
20 Disco flashers
22 Go-between
24 Lapdog, slangily
25 Salad makings
26 Invisible swimmer
29 Nasty shocks
31 High-rise unit
32 Texas town
33 Lemon cooler
36 Item in a poker pot
37 Apparition
40 Less than one
41 AMA members
42 Muffin spread
43 Foul smells
45 Whimpers
47 Kind of pig
48 Gourmet delicacies
51 Freighter hazard
52 Sawbuck (hyph.)
54 Daunt
58 St. Teresa's home
59 Scholarly org.
61 Pit or stone
62 Oui and da
63 Touch
64 Scale button
65 Change the decor
66 Slowly vanish
67 Reach across

Down
1 Slickers
2 Activate a Geiger counter
3 Char a steak
4 Looked into more than necessary
5 Midwest capital
6 Humiliate
7 Not mil.
8 It goes from bow to stern
9 Divulge
10 Bell-shaped flowers
11 Blank a tape
12 Inert gas
16 Lairs
21 Jazz genre
23 Ice hut
26 Kind of rain
27 El Cid foe
28 Heavy burden
29 Russell and Pauley
30 VIII, to Virgil
32 Off the --
33 By and by
34 Catastrophic
35 Bride in "Lohengrin"
38 Why? (2 wds.)
39 Lament
44 Absorbs
45 Played false
46 Marty Robbins tune (2 wds.)
47 Like some breezes
48 Overnight visit
49 Defiant reply
50 Licorice flavoring
51 Cleared the dishes
53 Minor misunderstanding
55 Make hay
56 Aloe --
57 Blissful spot
60 PBS funder

metro.us/sudoku

easy

				9				4
4					5	9		8
2		6	4					
	8		9	3	6		1	
		7		5		3		
	3		7	1	2		8	
					8	1		9
9		2	3					7
7				6				

hard

					1			
6	5	1			8	9	4	
				5			8	
2	3		1			4		
		8	4		5	1		
		7			9		3	5
	8			6				
	4	3	8			6	5	9
			5					

metro.us/horoscopes

Aries Your emotions will fluctuate as the day unfolds. Keep your thoughts to yourself in order to avoid an argument. An affectionate approach will help you persuade someone.

Taurus Taking a trip or attending an event that encourages personal growth, knowledge and enlightenment will open your eyes to new ways of doing things.

Gemini Consider your personal and professional situations and the changes that would make you happy. A challenge will do you good and help you decide what to do.

Cancer Giving in to your emotions will set off a series of unexpected events that will leave you feeling insecure. Use your intelligence to work your way through any dilemma.

Leo Plan to do something special and entertaining with the people you love. Take a pleasure trip or collaborate with someone who shares your creative talents or dreams.

Virgo Don't try to impress someone by spending a lot of money. Concentrate on building a strong relationship with someone who has something to offer you.

Libra Take responsibility and do what needs to be done. It's up to you to make things happen, so stop waiting for someone else to take the reins. Stay focused and in control.

Scorpio Do your own legwork. Relying on someone else will lead to disappointment. Make special plans with a loved one. A romantic gesture will improve your life.

Sagittarius Push a little harder if you want to bring about change. It's what you do, not what you say that will count. Express your concerns and make your decisions clear.

Capricorn Refuse to let anyone disrupt your plans. You will encounter someone who will not only encourage you, but will assist you in reaching your goal.

Aquarius Raise your profile and boost your reputation by taking part in a conference or trade show. Collaborate and negotiate your way to the top.

Pisces Take the initiative and make the first move when it comes to affairs of the heart. Your suggestions and romantic gestures will intrigue a loved one. EUGENIA LAST

Yesterday's answers

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